

# ARF Update

## Special Interest Articles:

- March is National Nutrition Month!
- March weather is unpredictable- we give you ideas for games that can be played both indoors and out!
- This month's nutrition feature – Make a "Tasting Passport"

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**All Recreate on Fridays – What can YOU do with 60 minutes a day?**

## ARF NEWS

### Give Us Your Input!

Can you believe it? We are already in the sixth month of ARF. Time flies when you are having fun! I have been hearing good things about the Movement from coordinators in all parts of the state. I am always amazed by the creative ways you find to integrate physical activity into your diverse settings and I am blown away by your commitment and enthusiasm.

As we wind down our inaugural year, we are busy gearing up for ARF 2005-2006 and are working hard to make it more user-friendly. Here are some features we would love to have your input on:

- The youth logbooks will be replaced with 6-week tracking sheets. These sheets will come in a couple of different sizes and can easily hang on a gym wall or fit in a notebook.
- ARF will have its own e-mail address: [arf@hhss.ne.gov](mailto:arf@hhss.ne.gov). You can begin

utilizing this address any time.

- Registration will be done on a newly revamped ARF web site. You will receive an e-mail verifying your registration and will receive your materials within 10-14 business days.
- All materials will be provided on a CD-pick and choose the documents YOU want to print and copy.

activities.

Another NAHPERD-sponsored workshop will be held March 5 in Lexington. Utilizing pedometers in physical education classrooms will be the topic of the day.

Would you like to have NAHPERD experts come to YOUR community? Is there an interest in your population to learn more about physical education, recreation, or dance? Contact Vicki Highstreet at [vhighstreet1@unl.edu](mailto:vhighstreet1@unl.edu) or (402) 472-4771.

## WHAT'S HAPPENING?

### Brain Activity, Energy Balance, & Movement Workshop Featuring YogaKids A Success!

Trenton, Nebraska was the site of this fun and interactive NAHPERD-sponsored workshop on February 24. Physical education teachers, classroom teachers, and recreation leaders from across western Nebraska gathered for four jam-packed hours of instruction and movement

### N-Lighten Kids Enters Second Month

Kudos to all of you who are participating in the N-Lighten Kids challenge! We hope that you are enjoying the ARF/N-Lighten Activity Calendars. Kids- don't forget to accumulate and record at least 34 points each month of the contest in order to keep your team on track for a chance to win prizes!



## WHAT'S HAPPENING (CONT.)




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*"To celebrate [National Nutrition Month], talk about healthy snacking and the NEW Dietary Guidelines for Americans..."*



### **AAHPERD Convention Chicago, April 12-16**

The 2005 Convention of the American Alliance of Health, Physical Education, Recreation and Dance is just around the corner! Registration and program details are available at [www.aahperd.org/convention](http://www.aahperd.org/convention)

Delivering the keynote presentation on April 13 from 12:15-1:30 p.m. is Bob Greene, personal trainer of Oprah Winfrey, author, and weight loss specialist.

Also speaking is Angela Ruggiero, She will be the keynote for the National Association of Girls and Women in Sports annual Guiding Woman in Sport banquet, Friday April 15, 2005 at 12:15 p.m. Angela is an Olympic hockey player and Gold Medallist.

### **March is National Nutrition Month!**

To celebrate, talk about healthy snacking and the NEW Dietary Guidelines for Americans 2005 with your ARF participants! To download a copy of the guidelines, log on to: [www.healthierus.gov/dietaryguidelines/](http://www.healthierus.gov/dietaryguidelines/) Notable changes to the recommendations include a push for more fruits, vegetables, dairy products, whole grains, and physical activity!

### **The "Art" of Physical Activity**

Want another reason to celebrate in March? This month is also designated as "National Art Month." Your kids can promote physical activity while getting their creative juices flowing. Have them look through magazines and clip pictures that represent their favorite modes of movement.

These pictures can be arranged in a collage and displayed in your recreation center, school, or local businesses and function as visual cues for action for the whole community. (Don't forget to have them ENGAGE in these activities as well!) Another fun idea- break out the sidewalk chalk and create inspiring messages underfoot.

### **Show Your Support for Physical Education Teachers & Advocates!**

Log on to [www.pe4life.org](http://www.pe4life.org) for more information about the following two national awards:

The **"My Favorite PE Teacher"** award asks students to describe what an extra special PE teacher has done to make a difference in their lives. The deadline for nominations is March 15. Visit [www.sportingkid.com](http://www.sportingkid.com) for an online nomination form.

PE4Life is accepting nominations for its **"Excellence in Advocacy**

**Award"** given to a person or organization that has worked tirelessly to champion the cause of physical education on the local, state or national level. Applications are due March 31.

Both awards will be presented at National PE Day activities, May 3, in Washington, DC.

### **NASPE, SPORTIME& PELINKS4U Collaborate to Create New Discussion Forum!**

This month is the release of the NASPE-Forum, a new national discussion forum that will focus on physical education and sport issues.

The NASPE-Forum has been designed to complement NASPE-Talk, the existing daily NASPE listserv. Specifically, the goal of the NASPE-Forum is to provide a location for in-depth discussion of issues. The Forum is divided into several sections by main themes, including Elementary PE, Secondary PE, Coaching & Sports, and more.

The NASPE-Forum is open to everyone, and can be easily accessed from any PELINKS4U section page, from the NASPE and SPORTIME web sites and, of course, from a bookmark you might like to create in your browser. Here's the direct link: [www.pelinks4u.org/naspeforum/](http://www.pelinks4u.org/naspeforum/)

## Physical Activity Ideas

### Pyramid Relay

In celebration of National Nutrition Month, we are featuring an activity that teaches youth about the food guide pyramid while getting them moving. This game is adapted from the Pyramid Relay in the ARF Activity Guide- USDA Team Nutrition Community Nutrition Action Kit).

#### Preparation Needed:

1. Cut out several pictures of foods from magazines. Make sure to include a variety from all of the food groups. To reuse these pictures, glue on to cardboard and/or laminate.
2. Collect 14 large, brown paper grocery bags. Label a set of bags for each food group (2 sets of 6 bags).

#### To Play:

1. Display the Food Guide Pyramid poster.
2. Stand the 12 labeled grocery bags at the front of the classroom on the floor in two sets of 6 bags leaving several feet between the two sets of bags.
3. Place the two remaining bags ("picture bags") at the starting points for the two lines. Into each of these bags put half of the food pictures.
4. Explain to the youth that they will be playing a relay game to help them learn where foods fit into the Food Guide Pyramid. Instruct the youth to place the pictures into the proper food group bags.
5. Have the youth count off by saying apple, orange,

apple, orange, etc., until all have been counted, then have apples and oranges form two separate lines at the back of the room.

6. Tell the players that it is okay if they help each other identify the food that goes into each bag.

7. The group leader says "Go" and the game begins. To add some variety, vary the relay- have youth walk backwards, hop on one food, skip, etc. All players standing in line should also be moving in place.

8. When both lines have finished, take the food pictures out of one food group bag at a time. Display the pictures so the group can see them and have the youth tell whether or not the foods have been placed in the correct group.

### "Fast-moving, Anyone can Play" Baseball

Baseball, like many sports, is great for hand-eye coordination. Since it "tis the season" to breakout the gloves and cheer on your favorite team, try this fun, fast moving modification!

To play this game you need only base markers and a ball. Vary the sizes and textures of balls to make sure everyone finds success!

#### To Play:

1. Divide your kids in to teams of 4. If the players don't divide evenly, have no fear. This can be easily dealt with!
2. Each group will either be 'outfield' or 'batters'. Each outfielder will play a

base (1,2,3, home plate). Batters will "move" in line until they are up.

3. Instead of swinging a bat, the designated batter will step up to plate, toss the ball to the catcher, and immediately begin running the bases. At the same time, home plate must throw to 1<sup>st</sup>, 1<sup>st</sup> to 2<sup>nd</sup>, etc. until the ball gets back into the catcher's hand. At this point, the runner stops at the nearest base, and next runner begins.

4. There are no 'outs' in this game. When all the batters have been up to 'bat', the score is tallied and the playing field is switched.

### Native American Kickball

Originally played by the Hopi Indians, this game is all about teamwork.

1. First you create an obstacle course using anything you have hanging around (jump ropes, cones, garbage cans... whatever you have). Make as many twists and turns as you want.

2. Then, two teams run through the course, kicking their ball forward to the end or finish line.

3. Each team member takes a turn kicking the ball through the course, but no one player can kick the ball twice in a row.

4. The team that finishes in the fastest amount of time wins! Add your own twists and turns to this game, and start kicking...

or maybe hopping...or wheel barrowing...or skipping...you get the idea!

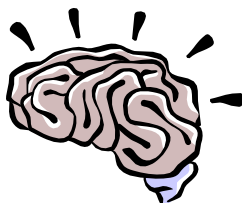
- From VERB Play Without Borders




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*"We all know how unpredictable the weather can be in Nebraska during the month of March...."*

*"Schools across America are waking up to a brand new move each week...."*



## Important Dates

### March

National Nutrition Month  
National Art Month

### March 4

ARF Point Cards Due

### March 5

Let's Get This Party  
Started Workshop-  
Lexington

### April 12-16

AAHPERD Convention

### May 3

National P.E. Day,  
ACES Day- more on  
this next month!

### May 11

N-Lighten Kids Day

*"By eating a mixture of foods, we are more likely to get all of the nutrients we need each day...."*

## Physical Activity Ideas (Cont.)

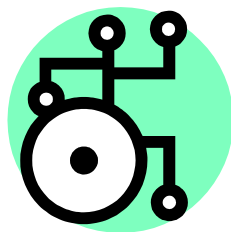
### Adaptive Videos Available

Do you work with a wheelchair-bound child or someone with Multiple Sclerosis? The National Center on Physical Activity and Disability has video clips available online at

[www.ncpad.org/](http://www.ncpad.org/) (under "What's New?") demonstrating a variety of exercises for these individuals. The exercises are designed to increase flexibility, develop strength, and expand aerobic capacity.

#### Sample activity:

Lower Back & Knee Swings (for MS)  
Have the individual lie on their back, bending knees and placing feet on the floor at a comfortable distance from buttocks. Keeping shoulders and feet in contact with the mat or floor, the individual will gently swing his or her knees from side to side. Do this movement for 20 seconds, rest and repeat. This flexibility exercise will help improve range of motion in the back.



### Brain Breaks of the Month

#### Paper Wad Throw II

A few months back we shared the "paper wad throw" brain break with you (and we have done this activity at several workshops). Well now we have thought up a new twist to this activity! Here is how it goes!

Before class, create targets on the wall using masking tape or draw targets on large pieces of paper and hang them up. Have kids write a verb (or a spelling word, math fact, etc.) on a piece of paper. Ask them to crumple up their papers into a compact ball shape.

Demonstrate proper throwing technique (take a step with your opposite foot, lead with your elbow, release when you can see your throwing hand in front of your face, etc.). Have the kids practice the new skill by throwing the paper wads at the target (they can track their score based on where they hit the target).

After everyone has thrown the designated number of times, ask players to pick up a piece of paper. Go around the room and read the verbs, acting each one out as a group. If working on spelling, math, etc., have kids pair up and quiz one another.



### Start the Day off Right

Schools across America are waking up to a brand new move each month! This school-wide brain break can be facilitated by a physical education teacher or another staff member.

At the start of each month, the entire school gathers in the auditorium, gym or multi-purpose room and the instructor teaches them a new dance move. After practicing together, students and teachers return to their regular classrooms.

Each morning of the following weeks, music plays over the intercom for the first three minutes of class and the whole school gets up and does the move of the week! Wouldn't this be a cool way for your entire school to get on board with the ARF Movement? Every minute counts!

## Nutrition

March's nutrition feature focuses on VARIETY. By eating a mixture of foods, we are more likely to get all of the nutrients we need each day. Holly Dingman, CVH Graduate Assistant, has designed a fun learning experience called "Making Tasting Passports" that will have you kids expanding their taste bud horizons! (See attachment).